

# SOCIETY

## Household Interests

### RLS AND BOYS RETURNING FOR HOLIDAY SEASON

A great many of the younger girls who are returning this week from school to spend the holiday season, are Gene Gray Heck has just returned from a fashionable boarding school on Hudson, and is accompanied by her sister, Miss Helen Heck, who will be her guest for several days. Miss Heck is with Dr. and Mrs. J. Alton Hodge, at 107 East Franklin street, for Christmas.

Philip and Stewart Sheld, both students at the Episcopal High School in Alexandria, have returned for the midwinter vacation, and are guests of their parents, Mr. and Mrs. Philip Sheld, at 1032 West Grace Street.

Miss Mina Walker, of the Lewisburg University, West Virginia, is visiting Dr. and Mrs. J. Calvin Stewart, at their home on West Grace Street, for Christmas.

John Meredith, who has been making his home in the North for the past several months, is the guest of his parents, Mr. and Mrs. Wyndham R. Meredith, on Park Avenue, for ten days.

There will be music and dancing at a Country Club of Virginia this evening following dinner, and several affairs of interest will be given there.

The musical numbers were "A Polka" (by Eminent), "Barcarolle" (Spenser), "My Old Kentucky Home" (transcription by Sidney Ryan), "Pavane" (Mendelssohn), "Allegretto" (Chopin), "No. 1" (Chopin), "Rustic Song" (Sinding), "Valse, Op. 64, No. 2" (Chopin), "The Sandman" (Albeniz), and "Mexican Dance" (Chopin).

The pupils taking part were Gordon Stover, Misses Louise Gibson, Louise Goode, Jennie S. Jones, Edna Eldridge, Madeline Williams, and Catherine, Eunice Walker, Janie Simpson and Elsie Hilton.

Home To-Morrow. Mr. and Mrs. H. B. Reinhard will be home informally on Sunday evening, and will be in honor of Miss Carrie Stern, of Baltimore.

Local Register Out. In the Social Register of the Southern cities for 1915, which has just been issued, the members of prominent families, whether residing in the city, in the country or abroad, are grouped under the one address, with the maiden and Christian names of the daughters, and sons in the order of their age, and to younger children, from twelve to twenty, appearing under the title of "Juniors." The key to the names of women is still provided through the instrumentality of the Married Maidens.

o Visit in South Carolina. Frank B. Lawton, of Newport News, and Mrs. Lawton, in Richmond yesterday and they have left for Garnett, S. C. where they will be guests of relatives for the remainder of the month.

IN AND OUT OF TOWN. Mr. and Mrs. Charles E. Whitlock, who have just moved into their new home at Westhampton.

Miss Flossie and Myrtle Daniel, who are students at the Woman's College here, left yesterday for their home in Ioanoke, accompanied by Miss Dudley, of Washington.

Charmaine Watkins, of North Carolina, will spend Christmas with Mr. and Mrs. Walter Watkins in this city.

Mrs. J. N. Barney, of Fredericksburg, is in Richmond for a short stay this week.

Miss Mary Jenkins, of Baltimore, is spending some time with Mrs. Norman V. Randolph on Grove Avenue.

George Curtis Morecock, of this city, has been visiting his parents, Mr. and Mrs. G. W. Morecock, in Holdcroft.

Mrs. Katie Coats and daughter, Miss Nellie Davis, of Newberry, S. C., are spending the holidays with Mr. and Mrs. Jesse D. Coats, of 2522 Hanover Avenue.

Miss Olive Russell Chapin, of Washington, will arrive in Richmond on Monday for a short stay.

Mrs. Robert Young Conrad is spending a week with her mother, Mrs. William A. Conrad, in Baltimore.

Mrs. Walter F. Binns has returned to Holdcroft, after a visit to her mother, Mrs. V. A. Martin, in Richmond.

Mrs. J. J. Scherer and the three children of L. L. Scherer, who have been spending some time in Clifton Forge, have returned to Richmond.

Lightfoot Brooke, of this city, has been visiting friends in Williamsburg this week.

Miss Carrie Lettich has returned to Fredericksburg, after a short stay in Richmond.

Miss Fanny Hill, of the University of Virginia, is leaving to-day for a visit to Miss Ellie Guthrie at Bear Island.

Mrs. Chapman D'Ossay and Miss Alida D'Ossay, of Philadelphia, will be the guests of Mr. and Mrs. G. W. Harrington, of 2905 Grove Avenue, for the holidays.

Miss Ione Wilson, who is a student at Hines College, has returned to Richmond and is the guest of her parents, Dr. and Mrs. Lloyd T. Wilson.

Mr. and Mrs. Branch Morgan have just moved into their recently completed home on Park Avenue.

## Personal Notes

### Likeness of Fiancee of Marshall Field, 3rd



Miss Evelyn Marshall

This photograph of Miss Evelyn Marshall, the fiancée of Marshall Field, third, was made on November 25 as she left her home at 6 East Twenty-seventh Street, Marshall Field, third, who announced the engagement on his arrival in this country about the last of the month. She is twenty-one years old, and, with her brother, will, when they are fifty years old, inherit the bulk of the \$20,000,000 fortune left them by their grandfather, the late Marshall Field, the merchant prince of Chicago. Miss Marshall is related to the Lenox and Banks families, and was identified with the early history of New York, one member of the family being the founder of the Lenox Library, afterward absorbed by the New York Public Library.

Miss Marshall was introduced to society five years ago, and has been identified with it in London, Paris and New York. The wedding probably will be celebrated early this winter in New York.

Ala. is the guest of her mother in this city.

E. P. Buford, of Lawrenceville, has been in Petersburg and Richmond for a few days.

S. W. Lauck has returned to Harrisburg, after a trip to Richmond and Baltimore.

### WOMEN'S MEETINGS.

The Helping Circle of King's Daughters will meet on Monday afternoon at 2 o'clock in the home of Mrs. H. J. Ridenour, 2205 East Broad street. Each member is requested to bring to the meeting a pound of something to fill the circle's baskets for the poor.

### Christmas Candies

BY MARTHA WESTOVER.

The time has passed when sweets were eaten by stealth or at least with a feeling that the punishment for so doing would follow swift and sure. Candy has its place just as much as any other food. The question is not whether it may be taken, but when and how. The human system, as we know, needs sugar. Sugar to the body is like wood for a fire. It is the food from which we get immediate energy. Starch must be converted into sugar before it is of use to the body, so by eating candy we save that process of digestion and get an immediate supply of energy. It is the emergency food on which we can rely in times of great exertion or labor.

Between meals if taken in excess it is likely to cause indigestion. Taken at the close of a meal it is a very useful food. The trouble with the average candy eater is that, on account of its concentrated form, too much is taken. In a half pound of candy, which the average schoolgirl can consume while reading the latest magazine, she has taken as much sugar into her system as she would have eaten in a big two-layer cake, ten white potatoes, or a dozen apples or oranges.

YOUNG PEOPLE CAUTIONED AGAINST OVERDOING IT. So, in the eating of Christmas candies, young people are merely cautioned against overdoing. Many of the home-made candies will figure largely in informal entertaining, and the old standby, fudge, will have to be supplemented with some other attractive and easily-made sweets.

There are also some nice new beverages which, taken with a couple of wafers or saltines, are an excellent substitute for the proverbial cup of tea or hot chocolate. Variety adds interest to the hospitable hostess. It is well to add to your holiday

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## Recipes for Candy and Some Beverages

**Sea Foam.**—Two cups sugar, one-half cup corn syrup, three-quarters cup boiling water, one-half cup chopped walnuts, three egg whites, one-half teaspoonful vanilla. Boil sugar, syrup and water till it spins a thread. Pour this on eggs, which have been beaten very stiff and dry. Add the nuts chopped very fine and beat until creamy. Spread about an inch and a half on a buttered pan and cut in squares.

**Almond Candy.**—English walnuts can also be prepared this way. Put one tablespoonful of butter, one cup white sugar, and three cups of water into an agate saucepan. Boil until ready to candy. Stir in two quarters of almonds. Remove from fire and stir contents till cool. This gives each separate almond a sugar coating.

**Christmas Fudge.**—One cup of sugar, 1 cup of granulated chocolate, half a cup of milk and a quarter of a cup of molasses are the necessary ingredients. These should be boiled together until a little hardens in cold water when dropped into it. Take it off the fire and beat into it a teaspoonful of vanilla. Stir it a minute and then turn into a buttered pan to cool.

**Six marshmallows**, added when fudge is taken from fire and beaten in makes the fudge finer grained.

**Chocolate Figs.**—Separate and wipe one pound of figs. Melt half cup of chocolate and two tablespoonful of sugar and dip each fig separately. Cool on oil paper.

**Chocolate Dates.**—Stone dates, all with candied ginger and dip in melted chocolate.

**Chocolate Nuts.**—Peanuts, walnuts or filberts may be chopped or broken in medium-sized pieces. Cover with melted chocolate and drop on oil paper to cool.

**Cocoanut Bars.**—Three cups of granulated sugar and only enough water to moisten. Boil until it will hair. Pour on a platter and when partly cold stir until creamy. Do not heat. Cut into squares.

**Tutti Fruiti Bars.**—Boil two cups of granulated sugar and one-fourth cup of milk until it forms a ball in water and add the stiff whites of two eggs after removing from the fire. Then add a mixture of chopped figs, chopped dates, candied cherries, nut meats, candied pineapple and citron and raisins. Beat until creamy, pour into a greased mold. Place under a weight for twelve hours, then cut into bars and dust with powdered sugar.

**Beverages: Recipes for One Person.**—**Made-in-America Consomme.**—Beef bouillon cubes two to a cup, dissolved in a little hot water. Thoroughly beat one egg and strain into the beef mixture. Fill cup with boiling water and add dash of celery salt and pepper. Serve with saltines.

**Nordien Bouillon.**—Beef extract, one teaspoonful, rice, one teaspoonful; butter, half teaspoonful; celery salt and pepper to taste. Mix in cup and fill with hot water.

**Chocolate Special.**—Melt one teaspoonful chocolate, one teaspoonful of sugar. Add teaspoonful rich cream and beaten white of egg. Mix in large cup and add boiling water and a spoonful of ice cream, when just ready to serve.

**TO-MORROW'S MENU.**—Sunday. BREAKFAST. Grape Fruit. Shredded Wheat. Liver and Bacon. Corn Meal Cakes. Coffee.

DINNER. Fried Chicken—Celery. Rice and Gravy. Candied Sweet Potatoes. Waldorf Salad. Ice Cream. Nuts and Raisins. Coffee.

SUPPER. Stead Ham. Baked Potatoes. Clover Leaf Rolls. Chocolate Cake. Coffee.

### Feeding the Skin

BY LILLIAN RUSSELL.

Copyright, 1914, by Lillian Russell. Nourishing the body by external applications of skin foods may not be entirely modern, but the practice has been extensively developed of late. For many years physicians have resorted to this practice in the sanatorium, the hospital and sick room. They have observed the remarkable possibilities of such treatment when applied to sick persons.

Since it has been beneficial to those who are actually ill, people who are only slightly run down or whose bodies are not well developed have naturally resorted to it. There are oils and vegetable compounds, which, if properly applied, prove more than skin foods. They seem to sink right through the skin and become muscle foods. Muscular development, through the application of these nourishing foods, is a little short of remarkable. To the impatient the process may seem slow, but the results are well worth a liberal expenditure of energy.

As in the case of physical culture, it is possible through the external application of skin and muscle foods to build where construction is most needed. Hollows on the neck and shoulders can be filled and the arms rounded. A combination of physical exercise and a treatment of the skin with nourishing foods brings exceptionally satisfactory results.

Such a treatment has more effects than one. The skin foods are massaged into the flesh. The massaging alone is beneficial and in connection with the application of good oils the vegetable products the skin soon begins to assume a beautiful appearance, while the arms, the neck, or the face, as the case may be, are being filled and rounded into symmetrical form. The muscles and skin of the face readily yield to this treatment.

Massaging and such applications as I mention put new life into the skin and flesh and stimulate the circulation to a point where the blood performs a normal service. The use of oils in massaging prevents undue irritation of the skin. Cocoa butter has for a long time been used as a skin food, but coconut oil now seems to be given the preference and serves the purpose well. Olive and almond oils are also used, and some people meet with much success by using a good quality of cold cream or skin nutrient. The oils do not leave the skin greasy if properly applied, that you might suppose, and they are easily covered and removed.

Of course, the best time for application of this kind is at night, when the retiring, for then the skin has a better opportunity to absorb the foods.

These applications are harmless. There need be no fear in resorting to them. To get the best results they should be combined with sleeping in a well-ventilated room, exercise in the open air, dieting and plenty of rest.

Remember: The body demands something more than feeding through the mouth and nose.

**Lillian Russell's Answers.**—C. S. R.: A blonde can wear the delicate shades of pink and blue, the browns and tans, and usually black, providing she has a good color. The best thing to do, however, is to follow the color of your eyes. If your eyes are blue, wear blues darker than your eyes. No, I do not think you are too fat. No, I do not think you are too fat. No, I do not think you are too fat.

E. S.: The Epsom salts is used externally, not internally, for reducing. It is made into a paste with soap and water. Don't take anything internally. Don't take anything internally. Don't take anything internally.

Jennetta S. W.: I am delighted to know my advice has helped you so much. I am sorry, but there is little that will change the shape of the mouth or the nose. If you have not "cupid's bow" I am afraid there is nothing you can do to make one. Hold your lips firmly and keep the corners of your mouth turned up. Don't bite your lips for this ruins the color and texture, and makes them thick. If your lips become chapped and rough, rub a good cold cream into them at night before retiring. There is little one can do for a red nose. A great many people are afflicted with this trouble as soon as cold weather comes. Avoid sudden changes in temperature, rich spicy foods and tight clothing. Bathe the nose in alcohol.

Dolly: Indeed, there is harm in pinching the cheeks to make them red. You will make your muscles sag, and the cheeks will become flabby and wrinkled. If you wish rosy cheeks, look to your general health first. Nothing will give you pink cheeks more quickly than a brisk walk. Take a long walk each day and keep out of doors as much as you can.

Celia: Vaseline is an excellent hair-grower. Rub it thoroughly into the scalp each night before retiring. I also advise you to massage your husband's scalp for about fifteen minutes each night. This massage loosens the scalp and gives the hair more nourishment and stops it from falling out. If you will send me a stamped, addressed envelope I shall send you a formula for hair tonic, which instructs

## Dr Brady's Health Talk

### HEMORRHOIDS.

In any case of "piles" the first thing to determine is, what ails the patient. Too often the patient complains of piles, whereas, if an examination is made—and one always should be made—and one always should be made.

It may be found that there is something else the matter. For instance, hemorrhoids, ischio-rectal abscess, and even cancer of the rectum are often assumed to be piles and, therefore, improperly treated.

A pile is analogous to a varicose or enlarged vein in the leg or a varicose vein in the arm. It is simply a dilated vein in the lower part of the rectum, a dilated branch of the inferior hemorrhoidal vein, which forms a network about the lower end of the intestinal canal. This vein empties into the portal area which drains the blood from the liver. Hence it is that piles are frequently present in cases of congestion or cirrhosis of the liver, and any excess of diet or drink which engorges the liver aggravates piles.

The various distinctions, such as internal and external piles, bleeding piles, and so forth, are of little consequence so far as prevention and treatment is concerned. However, it should be mentioned that an "attack of piles" signifies an inflammation of the pre-existing pile, and the relief of the "attack" subsidence of the pain—mean only that the inflammation is gone, not that the pile is "cured." As a matter of fact, piles are quite as incurable by non-surgical means as are varicose veins in any other situation, notwithstanding the scores of alleged "cures" and suppositories exploited by our friends, the patent medicine men and the advertising quacks.

One subject to piles should follow certain rules to prevent the inflammatory attacks. If the condition is one of bleeding piles, the only safe treatment is surgical removal, and serious exhaustion, or even death, is not rarely the penalty of procrastination.

Briefly, the prevention of piles and "attacks" of piles is avoidance of over-eating, constipation, pills containing aloes (which congests and irritates the rectum), and uncleanness. To-morrow's talk will cover the subject in detail.

**Questions and Answers.**—Nourish: The patient, seven years old, fell and injured the hip eight months ago. He has all the symptoms of neuritis as described in one of your articles. What would you recommend? Reply: First, an X-ray photograph, to determine whether there may be an intracapsular fracture of the hip, which would, perhaps be undiscoverable in any other way. That being eliminated, I should recommend hot-air bathing of the hip each day, by means of an apparatus made for the purpose. Some kind of support to enable the patient to move about without using the hip would be advisable in any event.

**Three Guesses.**—Am fifty-six years old, male, white. In 1876 had chills and fever every second day for several weeks (living in North Carolina). In 1890 had chronic cystitis, and still have it. In 1900 had pleurisy. Urinalysis is negative. Family history excellent. Reply:—First guess: latent malaria. This would require microscopical examination of fresh blood specimen. Second guess: tuberculosis of some organ. This would require careful physical examination and, if a concealed or unrecognized focus of infection somewhere in the genitourinary tract.

**Liquor Craving.**—Kindly inform me whether there is a cure for the liquor habit, and what it is. Also how to stop sleeping with the mouth open. Reply:—A treatment known as the Lambert treatment may be administered by any physician. To stop

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**News of the Newest DRESSES**

A SALE

To smart young women returning home from school and college to celebrate the midwinter holiday festivities (minds filled with plans for a round of gayety); to any and all of you, if perchance, your wardrobe needs completion with a late frock or two—we bring important tidings. We speak of frocks—the unquestioned smartness of which may be passed briefly. They are smart models. Not ordinarily smart—they are KAUFMANN smart. What you will be glad to know is that SUCH frocks are to be sold at great reductions. The lots offered include numbers from purchases recently made—dresses which have sold so readily that special prices on those remaining are now permissible.

Many customers will be especially interested in the finer frocks, selling at less than \$20.00.

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